

= Closed

= Private Booking

= Available

= PH Members Unsupervised  
Access (Waiver required)



Week Commencing: 19th Jan 2026

To book a drop in session, please login to your HSV account and click  
make a booking → book a class → performance gym → select session  
→ book

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 19/01						Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00		Adult HTAP 14:30-15:30		UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 20/01		UH Netba II 7:00- 7:30	Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00		TGC 13:00- 13:45				Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00	HTAP / TASS 19:00-20:00			
Wed 21/01						MSc Practical 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	MSC Practical 13:00-14:30	Adult HTAP 14:30-15:30			Pre HTAP 17:15-18:15	Herts Golf 1 18:15-19:15	Herts Golf 1 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 22/01			Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00	Perf Physio & Rehab 13:00-14:00			UH American Football 2 16:00-17:00	Hatfield Swim 17:00-18:00	UH Basketbal 18:00- 18:45	Mavs Next Gen 18:45- 19:30	HTAP / TASS 19:30- 20:15	Hatfield Swim 20:15-21:15	
Fri 23/01			UH Men's Futsal 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30- 18:00		Herts Cricket 19:00-20:00			
Sat 24/01																	
Sun 25/01																	



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"The secret of getting ahead is getting started." – Mark Twain